



# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

OCTOBER 2018

## Fiesta Taco Pizza Apple-Spice Baked Acorn Squash Slow Cooker Apple Dessert Healthy Baked Chicken Parmesan Baked Potato Cupcakes

### Fiesta Taco Pizza

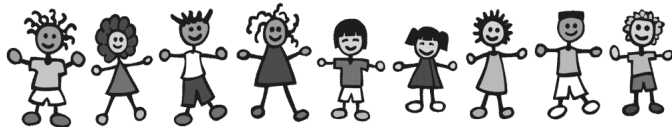
- 1 pound lean ground beef
- 2 tablespoons taco seasoning
- 1 can (13.8 ounces) refrigerated pizza dough
- 1 can (16 ounces) fat-free refried beans
- 2 cups shredded, cheddar cheese
- 2 Roma tomatoes, chopped
- ¼ cup sliced black olives
- 4 green onions, chopped



1. Heat oven to 375 degrees.
2. In a skillet, brown ground beef and add taco seasoning. Drain excess fat.
3. Unroll pizza dough on ungreased cookie sheet. Spread dough over bottom of the pan and up the sides. Bake for 8-10 minutes or until lightly golden brown. Remove from oven.
4. Microwave refried beans in a microwave-safe bowl for 1 minute. Spread over crust. Top with the ground beef mixture.
5. Sprinkle with cheese and then top with tomatoes, black olives and green onions.
6. Return pizza to oven and bake for 5-7 minutes or until cheese is melted.

Recipe Source: NDSU Extension Service, [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

**Nutrition Note:** This recipe makes 12 servings. Each serving has 250 calories, 8 grams of fat, 21 grams of protein, 23 grams of carbohydrates and 560 milligrams of sodium.



### Tips for a Happy & Healthy Family

Remember, learning to be a parent is a work in progress. No one is perfect. Try your best, have fun and love your children!

Source: [www.numatters.com](http://www.numatters.com)

### Apple-Spice Baked Acorn Squash

- 3 medium acorn squash
- ½ cup water
- 3 teaspoons margarine or butter
- 6 teaspoons honey or brown sugar
- 3 cups natural applesauce (no sugar added)
- Cinnamon to taste



1. Heat oven to 350 degrees.
2. Wash and cut each squash in half. Scrape out seeds with a spoon.
3. Pour water into a shallow baking pan. Place squash in pan cut-side-down. Bake for 30 minutes.
4. Turn squash cut-side-up. Place ½ teaspoon margarine in each half and drizzle with 1 teaspoon honey.
5. Fill each half with ½ cup applesauce and sprinkle with cinnamon.
6. Bake (cut-side-up) 20-30 minutes more, until squash is tender and applesauce is heated through.

Recipe Source: Minnesota WIC Program

**Nutrition Note:** This recipe makes 6 servings. Each serving has 170 calories, 2.5 grams of fat, 2 grams of protein, 41 grams of carbohydrates and 25 milligrams of sodium.

### Why breastfeed?



*"There are endless benefits for my baby and myself! I knew my baby would receive health benefits and that we could have a special bond. Not to mention the convenience and the frugality. Breast is truly best!"*

*~Alycen, WIC Breastfeeding Mom from Valley City*

### Slow Cooker Apple Dessert

- ¼ cup water
- 6 large apples, any variety
- ½ cup old-fashioned oats
- ½ cup brown sugar
- 3 teaspoons cinnamon
- 1 teaspoon allspice
- 3 tablespoons pecans, chopped
- 2 tablespoons butter



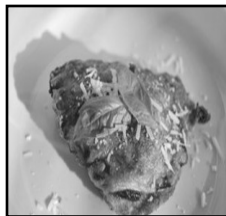
1. Add ¼ cup water to a medium-sized slow cooker.
2. Core apples. Using the edge of a knife, peel off about ½ inch of the peel around the top.
3. In a medium bowl, mix together oats, brown sugar, cinnamon, allspice and pecans and fill each apple with the mixture. Sprinkle any remaining mixture around apples.
4. Top each apple with 1 teaspoon of butter and place in slow cooker. If any apples do not fit, then cut into slices to fit.
5. Cook on high for 3 hours or until apples are soft.

Recipe Source: NDSU Extension Service, [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

**Nutrition Note:** This recipe makes 6 servings. Each serving has 220 calories, 7 grams of fat, 2 grams of protein, 40 grams of carbohydrates and 5 milligrams of sodium.

## Healthy Baked Chicken Parmesan

1 pound boneless, skinless chicken breasts  
½ cup unseasoned whole-grain breadcrumbs  
2 tablespoons grated parmesan cheese  
½ teaspoon granulated garlic or ¼ teaspoon garlic powder  
½ teaspoon black pepper  
¾ cup marinara or spaghetti sauce  
¾ cup shredded mozzarella cheese



1. Heat oven to 375 degrees. Spray a baking pan with nonstick cooking spray.
2. Cut chicken into four portions.
3. In a medium bowl, mix together breadcrumbs, parmesan cheese, garlic and black pepper. Place each piece of chicken into breadcrumb mixture, so that each piece is covered with breadcrumbs. Place on the baking pan. Discard the rest of the breadcrumb mixture.
4. Bake chicken for 15 minutes. Turn over each piece of chicken and bake for another 15 minutes.
5. Remove pan from oven and spread 2 tablespoons marinara sauce and sprinkle 2 tablespoons mozzarella cheese over each chicken breast. Place back into oven and cook for 10-15 minutes or until a food thermometer inserted into the center of the chicken breast reaches 165 degrees.

Recipe Source: NDSU Extension Service, [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

**Nutrition Note:** This recipe makes 4 servings. Each serving has 280 calories, 8 grams of fat, 36 grams of protein, 15 grams of carbohydrates and 550 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

 NORTH DAKOTA  
DEPARTMENT of HEALTH

 NORTH DAKOTA

800.472.2286  
[www.ndhealth.gov/wic](http://www.ndhealth.gov/wic)

## Turn Off the TV



Find something around the house that could be your horse (broom, hockey stick, wrapping paper tube, etc.). Go for a horse ride as you walk, run and gallop.

## Baked Potato Cupcakes

5 large russet potatoes, skins on, cut into quarters  
1 cup diced cheddar or Colby Jack cheese  
1 tablespoon unsalted butter  
3 large eggs, beaten  
1 teaspoon black pepper  
1 teaspoon salt



1. Heat oven to 350 degrees.
2. Place cut potatoes in a large pot and just cover with water. Bring to a boil, then gently boil until potatoes are tender, about 15-20 minutes. Drain.
3. Add potatoes to a large bowl and mash well. Mix in cheese and butter. Add in eggs, pepper and salt; mix until thoroughly combined.
4. Spray muffin tins with nonstick cooking spray. Divide potato mixture among 15 muffin cups, filling them as high as you would like them to be when they are baked as they will not rise in the oven.
5. Bake until golden brown on top, about 40-45 minutes. Remove from oven and cool on rack for 10 minutes before removing from pan.
6. Serve with your favorite baked potato toppings (diced bacon, light sour cream and/or chopped chives).

Recipe Source: [www.midwestdairy.com](http://www.midwestdairy.com)

**Nutrition Note:** This recipe makes 15 cupcakes. Each cupcake has 95 calories, 5 grams of fat, 4 grams of protein, 9 grams of carbohydrates and 108 milligrams of sodium.

## GROWING HAPPY FAMILIES



## Become a Fast and Thinking Cook

In order to celebrate eating and take good care of yourself with food, you have to cook and keep on cooking. Plan to cook from scratch using convenient foods and ingredients, cook ahead and then eat the leftovers. Yes, you can cook. To take the trouble out of eating and put the joy back in, make feeding yourself and your family a priority.

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